




PE - Knowledge Organiser

Year 3 – Spring 2 – Badminton



Knowledge Organiser


Net and Wall Games

Year 3

Ladder Knowledge	Hitting:	Feeding:	Rallying:	Footwork:
	watch the ball as it comes towards you to help you to get ready to hit it.	use enough power when throwing to let the ball bounce once before your partner returns it.	sending the ball towards your partner will help you to keep a rally going.	using a ready position helps you to react quickly and return/catch a ball.

About this Unit


Net and wall games are games where either a net separates the players or a wall is used. The object of these games is to hit the ball over the net and into the court space or against a wall to make it difficult for a partner to return. Examples include tennis, badminton, volleyball, squash.



Ready position:

- knees bent
- feet apart
- racket in front

Helps you to move to the ball and defend your space.



Movement Skills

- throw
- catch
- hit
- track

Other skills developed:

- Social:** co-operation, respect, support others
- Emotional:** honesty, persevere
- Thinking:** select and apply, reflection, decision making, comprehension

Rules

Know how to score points for each game and follow simple rules.

Tactics

Using tactics makes it difficult for my opponent.

Attacking tactics:

- Hit or throw the ball away from your opponent
- Make quick decisions about where to hit/throw

Defending tactics:

- Use a ready position to react quickly
- Return to the middle of your space after hitting/throwing

Healthy Participation

- Make sure any unused equipment is stored in a safe place.
- Stay a safe distance from one another when using the racket.

Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Powerful Knowledge

against

defend

partner

point

quickly


ready position

receive

return

trap

If you enjoy this unit why not see if there is a club in your local area that plays a net and wall game. This could be a tennis, badminton, volleyball club.



This unit will help you to:

- change direction quickly
- balance
- move different parts of your body at the same time
- be faster
- move for longer

Catch Tennis

What you need: two players, three markers and a ball

How to play:

- Create a net through the middle using your markers.
- Stand on either side of the net.
- Take turns to throw the ball over the net.
- Try to catch the ball before it bounces twice.

To win a point:

- Partner throws the ball and it bounces on their side of the net first.
- Partner does not catch the ball before it bounces twice.

